Movie Time Intensity Scale

The Movie Time activity uses film as a means of making psychological vulnerability, stigma, and recovery open to discussion in a safe, shared setting. By watching a film together, having something to eat, and talking afterwards, empathy, recognition, and trust can emerge without the need to share personal stories. The activity is based on the principle of co-creation: everyone gives meaning to the film from their own perspective.

Intensity Scale
The intensity scale is based on James A. Russell's Circumplex Model of Affect (1980), which classifies emotional experiences along two axes:

- **Valence:** How positive or negative does the experience feel?
- **Arousal:** How activating or calming is the experience?

The scale helps facilitators and participants to choose and evaluate films on the basis of their emotional impact. Use this scale before the activity to select a suitable film, and afterwards to discuss the experience.

Level	Valence	Arousal	Description
🟢 Safe	High	Low	Light, connecting, reassuring. Suitable for everyone, including mixed groups or sensitive settings.
🟡 Stimulating	Medium	Medium	Emotionally activating, with psychological or philosophical layers, but accessible and safe to discuss.
🔴 Intense	Low	High	Confronting or potentially triggering. Suitable for strong groups with sufficient follow-up care.

Use of the Scale

- **Before the film:** Choose a film from the recommended list and note the pre-assigned intensity level.
- **After the film:** Discuss the experience with the group and note the experienced intensity level based on feedback.
- **Evaluation:** Complete the form on the back page to document and evaluate the activity.

Tips for Facilitators

- Provide a quiet room with a TV/projector, comfortable seating, and snacks/drinks.
- Explain that participation is voluntary and that participants may "pass" during the debriefing.
- Use the intensity scale as a reflection tool to guide the group.

Evaluation Logbook

Complete the table below after each Movie Time session in order to evaluate and document the activity. Record the film, date, group, the pre-assigned intensity level, and the experienced level based on the group's feedback.

Film	Date	Group	Assigned Intensity	Experienced Intensity